

Positive Thinking and the Psychology of Happiness

LOA says “ask and it is given” or “you get what you think about” and so you want to think about POSITIVE things! The premise is that if you feel good, your good vibe makes you compatible for the good things that match how you feel.

Famous holocaust survivor Victor E. Frankl says,

“Everything can be taken from a man but one thing; the last of the human freedoms—to choose one’s attitude in any given set of circumstances.” In fact he also stated that even in those horrific circumstances you could still find positive emotions and that once a person lost hope that at that point he knew that they would not live much longer.

Many of us had our grandparents and parents tell us to “look at the bright side,” “see the silver lining,” and keep our “chins up”. We may have heard: “***It is not what happens to us that matters; it’s how we react to it***”—and no matter what your beliefs, that’s the truth.

At a minimum, choosing to think of life from a positive perspective will make you feel better, and that is, after all, what we all want. If you feel good and see possibility instead of limitation, you are more likely to notice opportunities when they present themselves. Additionally, you will be in a healthier mental state, making you better able to take appropriate action toward your desired opportunities.

The Impact of Happiness is a Fact.

At this point, there are hundreds of studies, if not thousands, in the field of happiness, some of which have claimed that we live in the golden age of happiness, as our understanding is truly astonishing. A study conducted by McClelland & Kirchnit (1988) demonstrated that: ***Just contemplating altruism leads to an immunity boost.*** Another study by the University of New Hampshire demonstrated that happiness could keep us from contracting the common cold, and if we did get it we would recover much faster.

There are many other studies that show happiness can:

- Double your critical thinking skills, problem solving, and creativity
- Boost your immune system and cardiovascular health
- Help you live longer
- Help you have more fulfilling and longer lasting relationships
- Help you receive work promotions more often
- Help you be more balanced in life
- Help you manage stress
- Change your perception (i.e. emotions trigger memories)

The powerful thing about many of these studies is that they show that happiness is a **science** and a **choice**. We can **create** happiness in our life. Like everything else, relationships do not improve

by *chance* and success does not come by *chance* (even though sometimes from the outside it may seem that way because we don't see everything that went into creating it). The same goes for happiness. It takes a commitment to creating happy habits in order to be happy and receive the benefits from it.

Keep in mind that the mind is a tool that is driven by our focus. Therefore, as we commit to positive thoughts our mind will look for those positive things and ways of creating them. In other words, remember that the RAS is goal-oriented. As it knows what you want it will constantly scan your environment and assess your actions and statements, in order to drive you to obtain those things that you have instructed it to create in your reality.